

Broccoli Salad

Ingredients

- 2-1/4 cups raw broccoli
- 4 tsp honey mustard dressing, fat free
- 2 tbsp plain yogurt, low fat
- 1 tbsp red onion, chopped
- 8 tsp raisins
- 1/8 lb turkey bacon, low sodium

Directions

1. Wash and cut broccoli into very small bite sized florets.
2. In a large bowl, mix honey mustard dressing and yogurt together. Add broccoli and remaining ingredients and gently toss. Cover and chill. Portion into 1/4 cup servings.

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 69 calories, 1.92 g fat, 0.66 g saturated fat, 141 mg sodium, 11.25 g carbohydrate, 1.66 g fiber, 2.3 g sugar, 3.12 g protein

